

ABSTRACT

In an exercise apparatus having a frame that is adapted for placement on the floor, a pivot axle supported by the frame, a pair of pedal levers, pedals secured to the pedal levers, arm handles connected for motion with the pedal levers and which can utilize a variety of 5 pedal actuation assemblies for generating elliptical motion of the pedal, the stride length portion of the elliptical motion can be increased automatically as a function of exercise parameters such as speed. In addition, the arm handles can be disconnected manually or automatically from the pedal levers